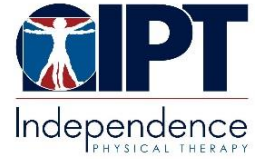




## Independence Physical Therapy

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# THE MEDICALLY ORIENTED GYM AT INDEPENDENCE PHYSICAL THERAPY

### **A MOG EVALUATION CAN IDENTIFY THOSE AT A HIGH FALL RISK**

Many older adults often limit physical activity because they are afraid of falling or have a history of falls. An inactive lifestyle can actually lead to a greater risk of injury due to a fall.

Fall prevention exercises are crucial to maintaining muscular strength, building endurance, and improving balance to get through your everyday activities safely. Through increased muscular strength, more support is provided to your joints which increases your ability to catch yourself when you are thrown off balance. Increased physical activity can also build confidence and enhance your ability to remain independent.

The expert medically trained staff at the MOG and Independence Physical Therapy will provide a safe and supervised exercise treatment program to help you remain active, be confident and stay safe. By working with all aspects of your health history and combining resistance training with coordination and balance exercises, you can reduce your risk of falls and minimize injuries associated with a fall.

Group classes are also available designed to improve your strength and balance while ensuring your safety.

Please contact us with questions and to schedule your assessment!

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